

Today we have reached the fourth and the most crucial day of our mini e-course. This day, we are going to present before you some tools that makes you healthier while working on your computer.

Wake up... We don't want you to lose that brightness in your eyes just because of the simple reason that your profession is closely linked with computers. Eyes are the most important part of the body that needs good care for people who have to use the computers for extended hours. Products like Occu-Bright are available in the market, which are good for the eyes.

Have you heard of Occu-Bright? This is a multivitamin, mineral, and amino acid complex with 30 milligrams of Glutathione that supports your eye tissues. It contains enhanced levels of B2 and B6, water-soluble vitamins that are easily lost from foods and the body. Prolonged physical stress speeds up your body's metabolic rate and can rob your body of these necessary B vitamins. It is formulated with Bilberry, Selenium, Ginko Biloba, Zinc Citrate and Beta Carotene for enhanced optical benefits.

This is the same with your hands if your job demands working on the computers for prolonged hours. Good care has to be taken to reduce the strain on your hands. Professionally designed speech recognition products like Dragon Naturally Speaking are available in the market for this purpose.

You can replace slow and painful typing with the simplicity of using your voice to turn speech into text at up to 160 words per minute. You can create e-mail, instant messages, documents, and spreadsheets more than three times faster than typing - simply by speaking. Plus, you can use your voice to control your PC. You can start programs, use menus and surf the Web all by voice.

Do you know that monitors increase eyestrain? If you don't select a proper monitor, your eyes react within a couple of weeks of using it. Different types of monitors are available in the market that helps you reduce the strain on your eyes. This e-book gives you more details on how to select and purchase the right monitor for you. We have given detailed information on cathode ray tube (CRT) monitors and liquid crystal display (LCD) monitors.

If you work in front of a computer screen, often watch TV, or have children who watch TV and play videogames, then beware! Several problems have been observed in people who spend more than four hours a day in close proximity to an unprotected CRT-based screen. Some of them are stress, headaches, irritability, insomnia, eye strain, eyesight decline, abnormal general fatigue, decrease in productivity and in the natural resistance of the immune system, decline in libido, disorders in the menstrual cycle, and hormonal disturbances.

Even more disturbing is the fact that exposure to radiation from CRT monitors appears to be one of the causes of decrease in spermatogenesis. Know more about these from our e-book. So don't miss your chance. Hurry!

Know more about the products that helps you reduce the strain on your eyes as well as your hands. Grab your copy of 'Healthy Computing'...today!

Enjoy,

Jason & Kristy Frovich

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